

## Directive Oral lichen planus

Directive for the use of blue<sup>®</sup>m in treatment of oral lichen planus

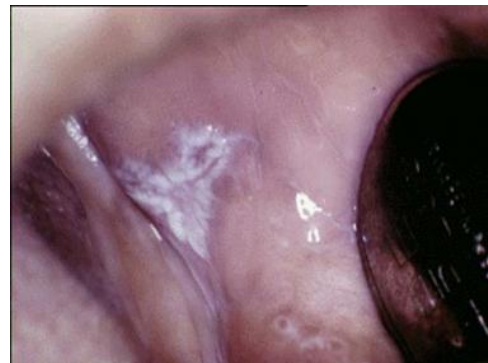
### Lichen planus, what is it?

- Lichen planus is a disease that can affect the skin and any lining mucosa. This could be the oral, esophageal, vaginal mucosa as well as the skin. Often, it is found only in the oral cavity.
- A significant number of skin specialists believe it might be an autoimmune disease.
- Overall, lichen planus affects approximately 2% of the population. Although the disorder may occur in all age groups, women over the age 50 years are most commonly affected.
- There's a lot of discussion about what causes this disease. It's been said (not proven) that it might be triggered by specific medication or amalgam fillings.
- Lichen planus is not a curable condition. It usually clears by itself within several months. However, it can take up to 2 years. Treatment focuses on easing symptoms until the rash clears.
- People diagnosed with oral lichen planus often get treated with oral steroids, which have a lot of side effects.



### Oral lichen planus

- An inflammatory condition that can affect oral balance and can have severe impact on mucous membranes
- Oral lesions often appear as white or blue-white striae forming an interweaving network of epithelial thickening





### **Lichen planus how to treat?**

We have defined 2 directives to treat patients with oral lichen planus:

- 1) Without painful lesions
- 2) With painful lesions

#### **1) Directive oral lichen planus, without painful lesions**

- When there are no painful lesions present, start the therapy with blue<sup>®</sup>m mouthwash because of the Lactoferrin and Xylitol as additional active ingredients.
- Instructions for the patient:
  - Brush 2 times daily with blue<sup>®</sup>m toothpaste and use the blue<sup>®</sup>m ultra soft day-to-day toothbrush
  - Rinse with blue<sup>®</sup>m mouthwash at least 2 times a day for 60 seconds after brushing
  - Gently use the blue<sup>®</sup>m tongue scraper once a day
- Plan regular visits in your dental practice for check-up

#### **2) Directive oral lichen planus, with painful lesions**

- When there are painful lesions present and the mouthwash can not be tolerated because it is too painful, use blue<sup>®</sup>m oxygen fluid in combination with blue<sup>®</sup>m oral gel.
- Instructions for the patient:
  - Brush 2 times daily with blue<sup>®</sup>m toothpaste and use the blue<sup>®</sup>m ultra soft day-to-day toothbrush
  - Rinse with the oxygen fluid at least 2 times a day for 60 seconds after brushing
  - Apply the oral gel on and around the erosive or ulcerative areas several times a day
  - Gently brush the tongue using the blue<sup>®</sup>m tongue scraper once a day
- After 2 weeks, plan an assessment in your dental practice.
- Then check after 4 and 8 weeks.
- Thereafter in a stable situation every 4 months